**Supplemental Table 6: Generated coding framework for determinants of physical activity behavior**

|  |  |  |
| --- | --- | --- |
| **Themes** | **Categorization of codes** | **Generated codes from responses** |
| PA knowledge | Inconsistency in understanding of what encompasses PA (PA largely understood as lifestyle physical activity and as different from exercise) | *PA is exercising – gyming, jogging* |
| *They should be a line between PA and exercise* |
| PA referred to as domestic/job related activities (gardening, housework, fetching water) and different from exercise |
| PA is housework while exercise is like jogging |
| Walking is a form of PA |
| Sports related activities seen as exercise and different from PA |
| Ability to distinguish between PA (lifestyle PA & exercise) from sedentary activities |
| Perception that structured PA has more health benefits compared to lifestyle PA | Exercise different from PA because it relaxes you. |
| Exercise has more benefits than PA, reduces body fatness |
| Exercise benefits you more, you feel flexible & healthy |
| Exercise has more benefits than PA, you shape your body, excrete toxins through sweat |
| Exercise something you do and sweat while in PA you don’t sweat |
|  |  |
| Role of PA | PA prevents hypertension, heart attacks, blood pressure |
| PA reduces blood pressure |
| Stress reliver |
| Obesity prevention/management |
| Keeps you young and fit |
| Exercise makes you strong, takes away the laziness |
| Exercise releases body toxins through sweating, clears the skin |
|  |  |
| Unawareness of PA recommendations | Don’t know PA recommendations |
| Less than 30 minutes depending on health objective |
| Exercise more than 60 minutes but normal routine work, no limit |
| 30 - 60 minutes, because that’s when sweating starts |
|  |  |
| Awareness of potential PA in a daily work routine | All day moving from office to office |
| Short period activities add up to contribute to daily recommended physical activity |
| Cleaner, always moving stairs – is enough exercise |
| Fetch water |
|  | climb a hill every day when going to school |
|  |  |  |
| Preference of particular PA | Routine - lifestyle related physical activity not liked | Work related activities not liked – do them because are mandatory for financial survival - nature of job |
| Dislike for PA which come with fatigue | Dislike running because it causes fatigue |
| Preference for PA with fun/enjoyment factor – young adults | Gym, salsa favourite activities |
| Leisure time, you do what you enjoy – dancing, swimming |
| Dancing best exercise, because you exercise while enjoying |
| Preference for fun related physical activity |
| Any planned PA should have a fun related factor |
| *Enjoy walking in leisure time – older adults* | Like walking in my leisure time – older adults |
| *Preference for sedentary activities during leisure time* | *Watching movies, sleeping, listening to music preferred leisure activities* |
| *Preference for sleeping* |
|  | Don’t like walking in morning because it makes one sweat and get bad odours |
| *Weather and timing of the day* | *Only like to walk in the evening because of sweating* |
|  |  |  |
| Finances | Structural physical activities expensive | Gym, salsa costs money |
| Enjoy aerobic but sessions are for paying |
| Cost for sports shoes and attires |
|  |  |  |
| Skills | Skill to plan PA outside normal work routine | PA outside normal routine work planned |
| Plan ahead to walk a certain distance before you board a taxi |
| Plan ahead to walk every evening when coming from work |
|  |  |
| No skill to plan PA within normal work routine | PA within normal routine – not planned |
|  |  |
| Skill to plan PA alongside other social goals | Plan to do a walk with partners while also discussing other issues |
| Ability to plan and confidence to stick to your plans |
| Digging is an exercise but also brings financial gains |
| I climb the hill to church instead of taking a boda boda |
|  |  |
| Ability to assess whether one is physically active depending on daily routine & to plan PA within prevailing time, congested space and financial situations | Ability to assess whether one is physically active depending on their daily routine |
| Skill to add/do a variety of physical activities in addition to the daily routine |
| Skill to select physical activities fitting within one’s financial means |
| Skill to plan physical activities in a congested space |
|  |  |  |
| Outcome expectations | Positive health outcomes (mainly older adults) | Do walking and skipping the rope not because I like it but because of health concerns |
| Do walking and some exercises not because I like it but because of health impact it infers |
| Increasing diabetes and cancer are making people more active as both prevention and treatment mechanism |
| Walking and fetching water reduces my blood pressure |
|  |  |
| Weight prevention/reduction (young adults maintain slender bodies – associated with beauty) | Do exercise to prevent overweight/obesity (funny body) |
| Do exercise to look like good looking slender celebrities |
| Exercise shapes your body |
| Weight prevention/reduction (older adults for health reasons and not growing old) | PA keeps me young |
| Do exercise to reduce beyond fatness (sign of diseases) |
| Health effects to loved ones | Every family member bikes because mother and one child are fat |
| Walks because relative died of diabetes |
| Positive antenatal outcomes | Do PA because my physically active friends have positive antenatal outcomes |
|  |  |  |
| Time | Busy schedules | Very busy Monday to Friday |
| Tight work schedule |
|  |  |
| Family obligations | Limited time due to mother family roles |
|  |  |
| Increased women employment opportunities | More women working now |
| Increased working hours |
|  |  |  |
| Cultural norms | Exercise attires traditionally perceived negatively | Exercise attires perceived as being naked by mother in laws |
| Husbands views a wife wearing panties as a sign of disrespectfulness |
| Swimming dress code perceived negatively |
| Cannot run in skirts |
| Dressing in exercise attires perceived negatively by public |
| Public shouts at women jogging in panties |
|  |  |
| Exercise perceived as activity of the rich & those who are fat | Perception that jogging is done by the rich |
| Perception that jogging is done by those who are fat, need to reduce weight |
|  |  |
| Perception that exercise is done by idle people | People think that exercise is done by people who are idle |
|  |  |
| Gender stereo type towards some physical activities | Community perceive women doing exercise as having a goal of getting energetic to fight husband |
| In central Uganda, riding a bicycle is an abomination |
| A woman playing football is seen as a bi-sexual |
| Exercise tightens muscles and they look like those of men |
| Jogging perceived not to be for women |
|  |  |
| Walking, digging and cleaning perceived to be for low social class while sedentary office jobs draw high social class ranking | Digging, cleaning related jobs are perceived negatively |
| Walking is perceived to be a sign of lack money for transport |
| Walking for low social class |
| Perception that housework is done by low social class |
| Sedentary office jobs perceived positively |
| Pregnant women discouraged from exercise |
| Self-efficacy | Confidence stick to planned PA | Confidence to stick to PA plan |
| Focused mind to incorporate PA within your daily routine |
| Low self-esteem when mocked | Lose self-esteem when laughed at while doing activities perceived negatively by the community (dress code, walking) |
| Planning and understanding PA benefits increases Confidence to withstand negative talks about PA | Understanding benefits increases confidence to engage in PA perceived negatively |
| Having a focused goal and plan increases confidence to engage in PA perceived negatively |
| Confidence to walk because of understanding the benefits it brings despite the negative talks |
|  |  |  |
| Social environment | Social groups and WhatsApp groups (with similar goal) | Social groups help plan outdoor activities |
| WhatsApp groups helps groups plan and do PA |
| Existing social media groups set up for weight loss |
| Planning activities in a group of people with similar goal helpful |
| Group helpfulness depends on category of people |
| Helpful groups have people with the same preferences |
|  |  |
| Organized community sports groups | Community organised sports activities – netball, football increase PA levels |
| Netball teams whose main aim is to exercise |
| Organized youth groups competing at tournament levels are important facilitators |
|  |  |
| Role models | Active women celebrities with good looking slender bodies |
| Active religious leaders – make us to do exercise |
|  |  |
| Family network influence | Relatives source of information |
| Active relatives’ source of inspiration |
| Mum an inspiration to exercise |
| Plan activities with husband |
|  |  |
| Friends | *Friends can be a source of demotivation* |
| Friends with similar goals a source of motivation |
| Having an exercise peer is a good pushing factor to do exercise |
| Information sharing from friends who are physically active |
|  |  |  |
| Home environment | Housemaids | House maids do most of the housework |
| Limited space within home | Stay in one room with no courtyard |
|  | Limited space within homes |
| Automated equipment within homes | Used to pound groundnuts manually in wooden mortar but now use a blender |
|  | Have cookers/gas stoves/charcoal stoves, no longer need to move distance to collect firewood |
|  |  |
| Family background | Brought up in a house where I was always indoor |
| Virtual environment | *Passive leisure activities because of social media & TV* | *Most time spent on WhatsApp and Facebook* |
| *Watching TV during leisure time* |
| *Housewives with housemaids spend much of their time on TV* |
| Internet and TV important sources of information | Internet – google, social media – source of information |
| TV source of information about PA (health workers) |
| Follow physical activity instructor on TV |
| PA information gaps | PA information still scanty |
| Community environment | Increased motorized transportation and usage of which is associated with high social status | Mothers no longer walk their children to school - pay for school vans |
| Taking boda bodas perceived to be classy |
| Increased and improved boda boda transportation – (boda boda apps). |
| Going to work, I board taxi to and from, no provision for walking |
| Congestion | Forced to take a boda boda because of congestion |
|  |  |
| Narrow roads – accident risks | Narrow roads - compete for space with boda bodas and vehicles |
| Road accidents while jogging |
|  |  |
| Service are available within everyone’s reach – no need to walk | Services cheaply available - food delivered at workplaces, convenient shops are within reach |
|  |  |
| Insecurity | Can’t jog early morning because of high crime rates |
| Fear to jog because of insecurity; rapists, gangs |
|  |  |
| Lack of infrastructure | Lack of green parks to do picnics/outdoor activities from |
| Workplace environment | Workplace policies | Organisations plan jogging as a group for team building purposes |
| Planned exercise a policy in Mbuya Reach out institution |
| Routine morning exercises at Ministry of Energy before daily work starts |
| Picked gym workouts from my workplace |